

Exercise Physiology

Injuries

What can you expect to cover? AQA specification..

Content	Additional information
Types of injury.	Acute (fractures, dislocations, strains, sprains). Chronic (achilles tendonitis, stress fracture, 'tennis elbow').
Understanding different methods used in injury prevention, rehabilitation and recovery.	Injury prevention methods: Screening. Protective equipment. Warm up, flexibility training (active, passive, static and ballistic), taping and bracing. Injury rehabilitation methods (proprioceptive training, strength training, hyperbaric chambers, cryotherapy, hydrotherapy). Recovery from exercise (compression garments, massage/foam rollers, cold therapy, ice bath, cryotherapy).
Physiological reasons for methods used in injury rehabilitation.	Hyperbaric chambers, cryotherapy.
Importance of sleep and nutrition for improved recovery.	

LO: To develop a sound understanding of (acute) injuries.



Tasks

- Research the difference between Acute and Chronic injuries.
- Produce a presentation on the difference between the two.

Choose two rehabilitation methods :

Proprioceptive training
Strength training
Hyperbaric Chambers
Cryotherapy
Hydrotherapy

- What is it ?
- How does it work ?
- How long does it take ?
- What benefits does it give the athlete?
- What disadvantages does the method have ?